

2014 MTSNA Pre Conference Class Descriptions

1. Serve Safe

Presenter Mike Callaghan

9 Hour All Day Class

The standard Serve Safe course all managers are required to have for their HACCP plans. A National Restaurant Association [NRA] course, this is good food safety training for anyone in the kitchen who handles food regularly. Serve Safe Certificates need to be renewed every 5 years. This class includes one hour homework. ***This class is required for SNA Certification, 123 Easy!*** Serve Safe class is sponsored by Food Services of America.

Registration deadline closes May 25 for this class only

2. Nutrition Basics

Presented by NFSMI

8 Hour All Day Class

Provides a basic overview of 10 basic nutrition concepts: Nutrition is important to you; Tools for guiding food choices; The energy nutrients; Vital vitamins and might minerals; Choosing foods for health and taste; Nutrition issues in the media; Simple sugars in simple terms; Diet decisions; Focus on fats; Vegetarian diets. ***This class is required for SNA Certification, 123 Easy!***

3. AM: Where's the Dough? Whole Grain Baking Class **Presented by Montana Team Nutrition**

This workshop is designed for cooks or bakers interested in learning essential tips to scratch bake whole-grain breads and items for lunch and breakfast menus. Baking techniques along with tips for adjusting current recipes to meet the USDA whole-grain requirement will be covered. This class will review the nutrition facts, basic preparation techniques and ideas for incorporating a variety of whole grains into your school menus. Be ready to taste some kid-friendly delicious and nutritious items. CLASS LIMIT: 25

4. AM: New Food Service Manager Basics Presented by OPI School Nutrition Program Specialists – Teresa Motlas, Tara Ray, Emily Dunklee, Jill Griffin

New to school nutrition programs (two years or less)? Looking for tips, advice and information on how to operate a successful school nutrition program? This session covers all the basics; completing required paper work, meal patterns, meal service, and much more. As always, we will have plenty of time for questions and answers..

5. AM: Kitchen Safety

Keep you and your staff safe at work. These instructors are the Risk Managers [safety geeks] for the MSGIA – WCRRP program which covers workers compensation for the majority of Montana Public Schools. They spend many hours in school kitchens and know first-hand how hectic, and at times how dangerous the kitchens can be. They will be covering the most frequently seen injuries and how to prevent them. Lifting, twisting, pushing, pulling, reaching, carrying, preventing slips and falls, ergonomics and repetitive motion injuries, cuts and burns. They promise to keep the training entertaining and open to questions and interaction.

6. AM: Keep it Clean, Serve Safe for one and all Repeated PM

All food service personnel are required to take at least 4 hours of food safety to meet the HACCP requirements. A National Restaurant Association, [NRA] course. Serve Safe Certificates need to be renewed every 5 years.

7. AM: Lentils, Montana's Real Treasure 3 hour class

The perfect class to get ideas for your weekly lentil requirements and taste test some great recipes presented by Alison's chef.

8. AM: Computer Training 101 Presented Wes Lindeen Repeated PM

Is the computer your friend? Attend this workshop to learn the basics of using a computer for work and pleasure. The very “basics” will be covered along with simple tasks like saving information, word processing, spreadsheets [Excel], email, and surfing the WWW. Mark will show you how to put your production records on your computer, and learn how to use your computer time most efficiently. You will have 3 hours of class and 1 additional hour to work on your own and practice what you have learned. Wes will be there to give personal attention and answer any questions. **Please try to bring your own lap top computer, with operating system XP or newer, PC’s only, no Mac’s please.** Mark will have several lap tops for those who can’t bring their own laptop. Ask your technology instructor about checking out computers over the summer. This class is limited to 15 participants.

Wes Lindeen: I have been a technical trainer and educator for 15 years. As a consultant I was involved in designing creating and implementing software and web applications. I specialize in training technology courses in computer software such as: Microsoft office, Adobe Suite, and other multimedia/web products. When you combined a personable, easy-going style with corporate real-world experience it produces an enjoyable and dynamic training atmosphere.

9. PM: Montana Cook Fresh Presented by Montana Team Nutrition

Serving fresh, whole foods in school meals is a priority for a growing number of schools throughout Montana and nationwide. This workshop will provide participants with the culinary skills and resources to efficiently prepare whole, fresh foods including fruits, vegetables, and legumes. These skills will allow participants to create tasty, attractive meals while meeting meal pattern requirements including reduced sodium. Participants will also learn how to use local foods and explore equipment that will make preparation easier. Chefs and school food service staff will share firsthand knowledge in this hands-on (and knives on!) workshop. All participants must have at least one 8”chef’s knife, paring knife, and peeler. Quality knife sets are available for purchase prior to the workshop, or participants can bring their own knife set. Class Limit: 20

10. PM: Smarter Lunchrooms: Nudging Students to Select Healthy Choices Presented by Montana Team Nutrition

This presentation will cover behavioral economics – the practice of altering the physical environment in order to affect purchasing and consumption behavior – which lies at the heart of the Smarter Lunchrooms Movement (developed by Cornell University). Participants will learn how small changes can make a big difference in motivating students to select healthier choices. This presentation gives participants a solid foundation in the theory behind Smarter Lunchroom interventions, explains why traditional methods of influencing eating behavior (such as choice restriction and financial subsidies) often fail and why Smarter Lunchrooms’ Six Principles have proven to be successful. Class Limit: 50

11. PM: Food Service Manager Refresher Presented by OPI School Nutrition Program Specialists – Teresa Motlas, Tara Ray, Emily Dunklee, Jill Griffin

Have a few years of school nutrition programs experience under your belt? Join OPI School Nutrition Programs Specialists for updates on USDA program policies, a discussion on ways to improve program operation, streamline paperwork, and much more. As always, we will have plenty of time for questions and to share ideas with your peers from across the state.

12. PM: Keep it Clean, Serve Safe for one and all Repeat of AM Class

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13. PM: Computer Training 101 Presented Wes Lindeen Repeat of AM Class

Repeat of morning class. This class is limited to 15 participants.

